

Class Descriptions

Ab Attack: 45 minute hybrid class combining yoga positions, Pilates exercises as well as traditional core exercises and foam roller work

Aqua Fit: Get a complete cardio and conditioning workout without impact or stress to the joints of the body.

Aqua Fusion: Variety every week!! Use water barbells, bands and noodles while focusing on range of motion, stability and balance.

Aqua Zumba: IT'S A ZUMBA PARTY IN THE POOL!

Balance & Tone: This class covers a variety of exercises designed to improve muscular strength, balance, and range of motion.

Barbell Strength: Grab a bar, add your plates and get ready for a incredible workout! Squat, press, deadlift, lunge, row and curl your way to a stronger body.

Barre Chisel: A barre based workout which combines elements of core work, Pilates, yoga, and ballet. Results include a sculpted upper-body, leaner and firmer legs and a lifted seat.

Better Balance: Increase flexibility, joint stability, balance, coordination, agility and muscle strength in an encouraging and unintimidating atmosphere.

Boot Camp: Class mixes traditional callisthenic and body weight exercises with interval training and strength training. Push yourself harder and get results faster!

Cardio Blast: Blast off into a new you in 2019 with this high energy cardio program

Cardio Kickboxing: A high-energy cardiovascular workout that combines kicks and punches to improve stamina and endurance while working the entire body.

Cardio Tone Light: This class offers low impact cardio, standing core work and stretching to improve stamina, flexibility and overall daily function. All exercises are while standing (no floor/mat work).

Chair Yoga: Receive yoga's healing and restorative benefits sitting in a chair. *Optimal for those not able to get down or up off the floor, or cannot weight-bear on their knees.*

Cycle 50: Put your foot on the pedal and start your week off right with this heart pumping, music-driven 50 minute workout.

Gentle Yoga: A great class for beginners and anyone interested in exploring a gentle practice. Explore a variety of foundational postures and breathing exercises.

Get it Done! Non-step cardio and strength class using plyometrics, kickbox and compound movements. Get it all done in 45 minutes!

H.I.I.T: Sometimes a description is in the name and this class certainly fits that. High Intensity Interval Training!

H2O Connect: Take your shallow water training to a new level using liquid resistance drills, suspension work and intervals.

Indoor Cycle: If you can ride a bike, this class is for you! Break away from your workout routine to climb hills, sprint flats, and everything in between. Perfect for all levels.

Interval Training: High energy intervals of non-choreographed cardio, strength, and core designed to build strength and muscular endurance.

Light n' Lively: Get fit and have fun with segments of low impact aerobics, toning and stretching. Students remain standing for entire class (no floor/mat work).

Meditation: Relieve stress, relax your body and mind through this guided meditation using imagery and soothing music.

Pilates: A series of non-impact exercises developed by Joseph Pilates to develop strength, flexibility, balance, and inner awareness.

Power Yoga: The perfect blend of sweat and serenity! A fitness based approach to vinyasa flow. Students will focus on linking conscious breath with a vigorous and mindful flow.

Queenax Cross Training: Drills that focus on agility, power and speed are executed on and off the Queenax functional training system

Restorative Yoga: A form of yoga that seeks to achieve physical, mental, and emotional relaxation with the aid of props. *Perfect class for those with injuries, need extra support and modifications, or are new to yoga.*

Sets and Reps: Structure your workout effectively: three sets of 12-15 reps per exercise. Build muscular strength and endurance. Great for all fitness levels.

S.I.N.S. Strong is the new SEXY! Build muscle while shedding unwanted fat. No bulky muscles; just a lean, strong, SEXY physique.

Step: A high energy cardiovascular workout using an elevated platform to execute choreographed movements and combinations. Challenge your body and brain while burning fat, and improving your neuro-muscular system.

Strength & Core: A total body conditioning class using simple and compound to build muscle and stamina.

Strictly Strength: Build muscular strength and endurance using a variety of equipment including free weights, stability balls, BOSU and tubing for a more defined look.

Tai Chi: An ancient Chinese tradition that promotes serenity through gentle, flowing movements performed in a slow, focused manner accompanied by deep breathing.

TBC: A high-energy total body conditioning workout that will challenge your muscular strength and cardiovascular endurance.

Total Body Strength: This is an AMPED up strength class with added plyo and high intensity strength segments guaranteed to challenge your body!

TRX: A revolutionary method of leveraged body weight exercises. Safely perform hundreds of exercises that build power, strength, flexibility and balance.

TRX Boot Camp: Ready for the next step in TRX! Combine interval training with the body weight supported TRX training for the ultimate in endurance and strength training

Ultimate Kickboxing: A combination of kickboxing moves used for exercise and self-defense. Chisel your body using the heavy bag, focus punches, kicks and footwork drills. Must bring wraps or gloves for the bag and focus mitt training.

Video Cycle: Variety every class! Our 3 video screens can be used to motivate riders through all terrains and entertain with music videos.

Water Warriors: Challenge the dynamics of your liquid workout with segments of cardio and strength training using intervals and water approved weight resistance tools.

WERQ: A fierce and fun dance fitness class based on current pop, rock, and hip-hop music. Enjoy high-energy dance steps, expert cuing, while working up a sweat dancing to songs you love from the radio!

After WERQ stretch: Add this class on to your WERQ program or join in after your own workout, for a complete cooldown and full body stretch

Yoga Flow: A vinyasa style class where students coordinate movement with breath to flow from one pose to another. Previous yoga experience is recommended.

Yoga for Osteoporosis: Poses that are weight-bearing on all four limbs help build bone density and asanas with spinal rotation or folding forward are avoided.

Zumba: Burn lots of calories and have a blast in this cardio session dancing the merengue, salsa, cha cha, and hip hop to great music.

Zumba Toning: Dance while using light weights to focus on upper body muscular endurance and toning